

# indyKids!

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A FREE PAPER FOR FREE KIDS



ISSUE #27 • NOVEMBER/DECEMBER 2010

## A Chicago School Community's Fight for a Library

# a Battle for Books

The kids and parents of Whittier Elementary School, a public school in Chicago, Illinois, don't have a school library and they believe they should have one. They feel so strongly about it that, on September 15, a group of parents and kids sat in a small building on school grounds that was supposed to be torn down and refused to leave. For 43 days they stayed inside the building to prevent it from being torn down. The school's families proposed that the building be turned into a library.

Whittier School is in a neighborhood where many people are immigrants from Mexico. The school was run down and last year the parents won \$1.4 million to make improvements. Parents found out in September that \$350,000 of this money would be used to tear down the small building called "La Casita" ("little house"). The building has been used as a community space for the parents to meet and take computer, sewing and English classes together.

Parents went ahead and, with donated books, set up a library for the school in the field house. Whittier is one of 160 public schools in Chicago that does not have a library.



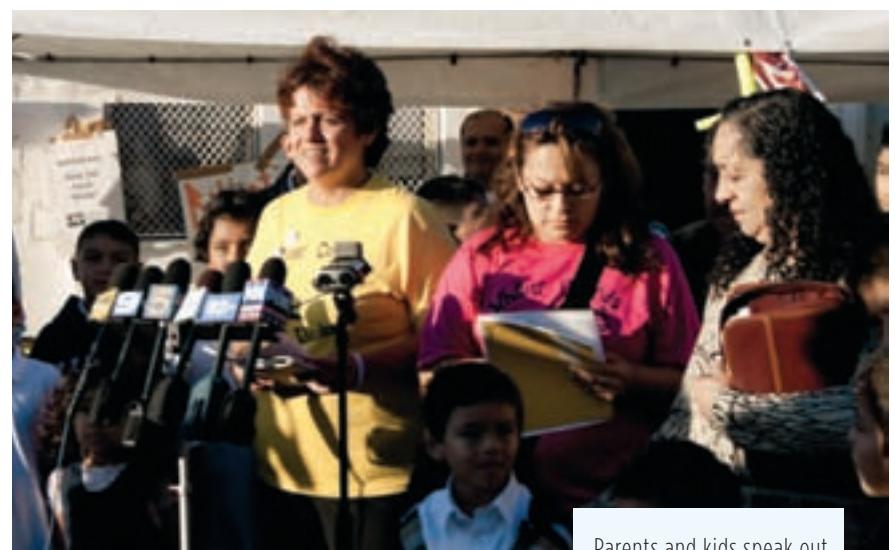
By AMANDA VENDER  
Photos by FLICKR/SARAH-JI

Community members gather outside the field house of Whittier School in Chicago. Chicago Public Schools wanted to tear it down, but the school's families want it turned into a library.

The school district said that the building was unsafe and had to be torn down. The parents didn't believe the school district. They found their own building engineers to study the field house, who said it was in good condition and only in need of roof repairs.

"When I heard that they were going to knock it down, but the moms wanted to make it into a library, I knew that this was my fight," said fifth grader Daniella Mencia on the news program *Democracy Now!*

In late October, state, city and school officials negotiated with the parents. The school district promised not to tear down the field house, to let the parents use it and to build a library. In a statement of victory the Whittier Parent Committee said it would end the sit-in, but would continue to negotiate with Chicago Public Schools. "The fight continues so that we can ensure that we have a quality education for all children!"



Parents and kids speak out at a press conference.



## Meet... Joyce from Sudan

**Name:** Joyce Gune Alex

**Age:** 7

**Hometown:** Juba Jerusalem

**Languages spoken:** Arabic, Fujulu, Kakwa, English

**Siblings:** One sister and three brothers

**Pets:** A dog, Rainbow, and a cat, Pac

**School:** Nahari School (Basic 1)

**Favorite subjects in school:** Arabic and English

**Favorite activities:** I like to read and play basketball.

**Favorite food:** Beans and rice

**What would you like to be when you grow up?** A doctor

**What would you like to say to other kids in the United States?**

Let them read hard, not play too much so that they will become doctors and other positions someday.



## Sudan at a Glance

**Location:** North East Africa

**Geography:** Sudan is the largest country in Africa. It is mostly flat with mountains in the far south, northeast and west, and desert dominates the north. The Nile River runs northward through the country.

**Population:** 42 million; 41% are less than 15 years old.

**Religions:** 70% Muslim, 25% animist or indigenous, 5% Christian

**People:** Black 52%, Arab 39%, Beja 6%, other 3%

**Languages:** Arabic and English (official), and Fujulu, Nubian, Ta Bedawie, dialects of Nilotic, Nilo-Hamitic, Sudanic languages

## Learn a little

### FUJULU

**Madang:** Hello

**Dinate:** Thank you

**Dua wuye:** You are welcome

**Dua puer:** Good morning

**Profile courtesy AfricaWrites**

7.7%

That's the percentage of energy used in the United States that is renewable (from sun, wind, rain, tides or the earth's heat)

# nation & world

## President Obama's Record

By AMANDA VENDER

It has been two years since President Barack Obama was elected. Let's take a look at the promises he made on four key issues and what he has accomplished so far.

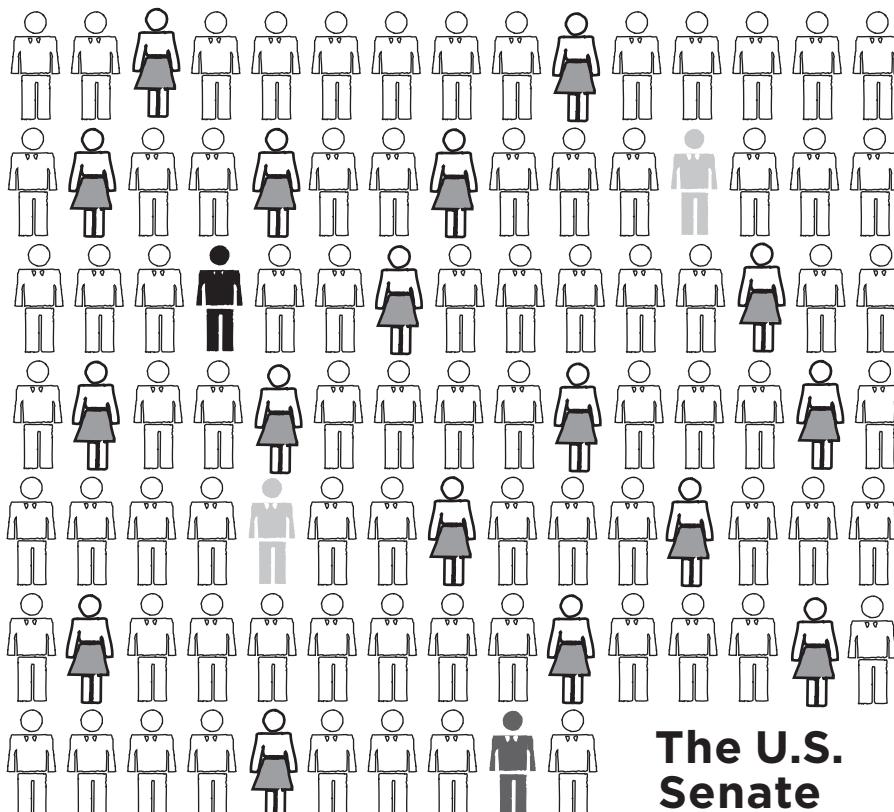
PHOTO: SEIU



### The Millionaire's Senate

By LISA GOODMAN

Midterm elections, which are held around the halfway point of a President's four-year term in office, were held this year on November 2, 2010. In addition to voting for state governors and members of the House of Representatives, people vote for senators. This year, 37 of the 100 seats in the U.S. Senate were up for election. Let's see who makes up our current U.S. Senate!



● - Black Americans (1)  
● - Hispanic Americans (1)  
● - Asian Americans (2)  
○ - White Americans (96)  
○ - Women  
○ - Men

### SENATE WEALTH:

Two-thirds (66/100) of U.S. senators are millionaires!

Wealthiest senator: Herb Kohl, Democrat from Wisconsin, has a net worth estimated at \$215 million!

### WHERE ARE THE WOMEN?

Count the women in the picture. Women make up about 50 percent of the U.S. population. What percentage of the Senate are they?

## indykids!

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### WHAT IS INDYKIDS?

IndyKids is a free newspaper, website and teaching tool that aims to inform children on current news and world events from a progressive perspective and to inspire in children a passion for social justice and learning. IndyKids is funded through donations and grants.

### SPECIAL THANKS TO...

Children's PressLine: www.cplmedia.org  
Common Language Project: www.commonlanguageproject.net  
New York Collective of Radical Educators: www.nycore.org  
New York City Indymedia: www.nyc.indymedia.org  
Teachers Unite: www.teachersunite.net  
Teaching for Change: www.teachingforchange.org

### HOW CAN I GET INVOLVED?

Just contact IndyKids! Adults and kids can write articles, take photos, contribute artwork and help distribute the paper.

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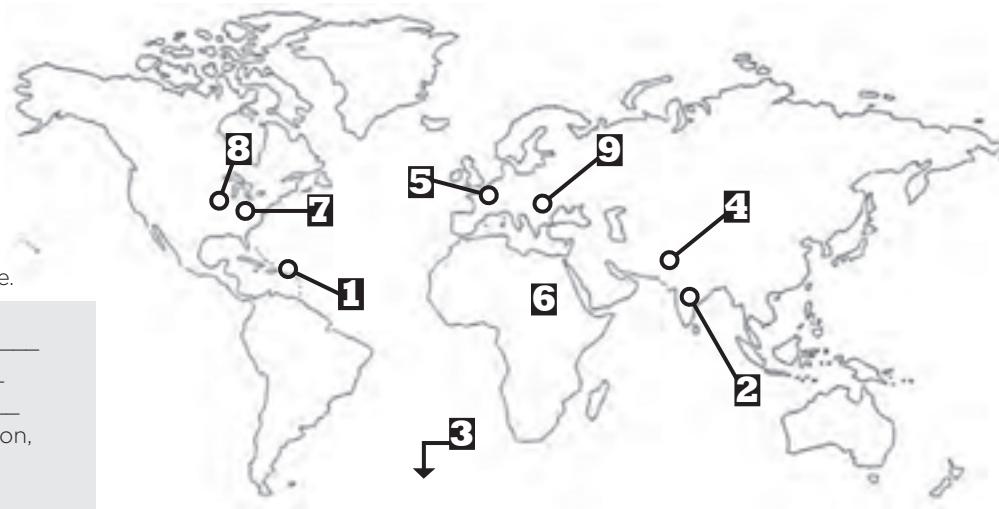
• Richard Schneider

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# Where in the World?

All the places listed below are mentioned in this issue. Can you match them with their general location on the world map at right? Answers are at the bottom of this page.

- a) Afghanistan \_\_\_\_\_
- b) Antarctica \_\_\_\_\_
- c) Chicago \_\_\_\_\_
- d) France \_\_\_\_\_
- e) Haiti \_\_\_\_\_
- f) Hungary \_\_\_\_\_
- g) India \_\_\_\_\_
- h) Sudan \_\_\_\_\_
- i) Washington, DC \_\_\_\_\_



## Sun Power Returns to the White House



Students show that a solar panel used on the roof of the White House during Jimmy Carter's presidency can still heat water. These students traveled to the White House to try to convince President Obama to reinstall the solar panels.

By JYOTHI NATARAJAN

The sun's energy will heat water for the First Family and provide some electricity in the White House starting in the spring of 2011. On October 5, the President announced a plan to install solar panels on the roof of the White House.

Solar panels were first installed on the roof of the White House in 1979 under President Jimmy Carter. At the time, Carter announced a plan for the United States to get 20 percent of its energy from renewable sources (energy that comes from sources that never run out such as sunlight, wind and rain), by 2000. In 1986, President Ronald Reagan

took down the White House solar panels and they were eventually taken to Unity College in Maine. As of January 2010, renewable energy made up approximately 7.7 percent of energy used in the United States.

In September 2010, environmental activist Bill McKibben organized a group of students at Unity College to travel to Washington, DC with one of the original Carter solar panels. Their idea to re-install the panels used by President Carter was rejected by the White House. "They refused to accept the Carter panel as a historic relic, or even to pose for a picture with the students. . . they point blank said no," McKibben said. A few weeks following their trip, they heard of President Obama's decision to install new solar panels on the White House roof.

### WHAT ARE SOLAR PANELS?

Solar panels use light energy from the sun to create electricity through a process called the "photovoltaic effect."

## Gypsies Expelled From Several European Nations

By LISA GOODMAN

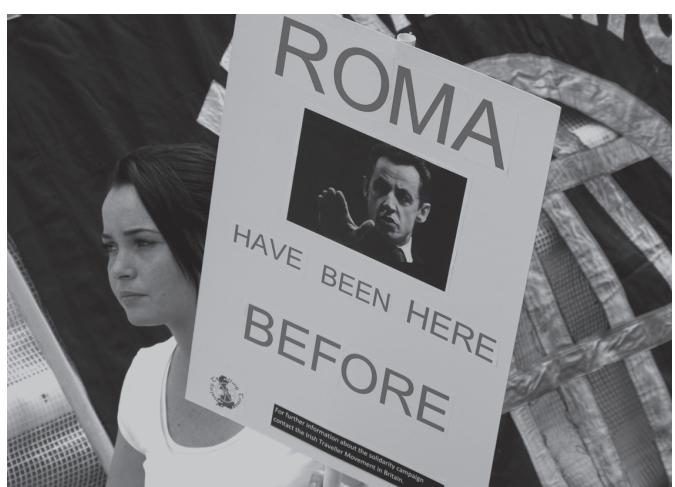
The President of France, Nicolas Sarkozy, has begun to deport (remove from the country) the Roma, an ethnic minority group better known as the Gypsies. Since late July 2010, over 1,000 Gypsies have been forced to leave France and return to the Eastern European countries of Romania and Bulgaria, where they face economic hardship.

Following France's action, Milan, Italy has decided to close its own Gypsy settlement camps and deport the Gypsy people. According to the *Washington Post*, Milan's vice mayor, Ricardo De Corato, said of the Gypsies, "These are dark-skinned people, not Europeans like you and me. Our final goal is to have zero Gypsy camps in Milan."

Gypsy peoples have a long history of living on the outskirts of society and working as street performers and traveling merchants. During

the Holocaust, anywhere from 250,000 to 500,000 Gypsies were killed just because of their ethnicity (cultural group). Viviane Reding, the Justice Commissioner of the European Union (EU), recently expressed publicly that "This is a situation I would have thought Europe would not have to witness again after the Second World War."

With a declining economy, some people in Europe are blaming immigrants such as the Gypsies for the increased crime rate and loss of jobs. András Biró, founder of the Hungarian Foundation for Self-Reliance and long time supporter of



A protester in London speaking out against the expulsion of Gypsies from France. The United Nations human rights chief has said that France's decision goes against "international norms on the right to life and the rule of law."

the Roma, told *Democracy Now!*, "If acts of small theft or things like that have happened, this cannot put the blame on the entire community. And that's what the French did."

**ROMA/GYPSIES:** An ethnic group which migrated from Northern India to Europe almost 1,000 years ago.

## newsbriefs

### France Takes to the Streets



Flickr.com/ANTOINE WALTER

Around 3.5 million people took part in massive strikes to protest the French government's plan to increase the age of full retirement from 65 to 67 and early retirement from age 60 to 62. Retirement is when a person stops working for the rest of his or her life. Protesters closed down schools, ports, airports and railways.

### Toxic Waste Floods Villages

A toxic mixture of chemical waste spilled from a factory in Hungary, a country in Central Europe, flooding three villages before reaching the Danube River. Eight people died from their injuries, 150 people were treated for chemical burns, and hundreds were evacuated. Gabor Figezky of World Wildlife Fund-Hungary said the 158 million gallons of toxic waste could contaminate drinking water in the region.

### A Piercing Problem

14 year-old Ariana Iacono, a student at Clayton High School in North Carolina, has been suspended four times since September because of her nose piercing. The student belongs to the little-known Church of Body Modification. The American Civil Liberties Union (ACLU) says this is a violation of the student's constitutional right to freedom of religion, and is suing the school.

### CEOs Fill Their Pockets

A new study from the Institute for Policy Studies shows that CEOs (Chief Executive Officer, or the person in charge of a company) who laid off the most workers during the financial crisis were paid the most. The average income for CEOs in 2009 was more than double the 1990s average and four times what CEOs were paid in the 1980s.

### Aid to Haiti Delayed

An estimated 1.3 million people in Haiti are still homeless after the January earthquake. In March, President Obama requested approval for another \$1.15 billion dollars for rebuilding on top of the \$1.1 billion in humanitarian aid sent in January. Most of this money has still not arrived.



China Byon, a 5th grade math and science teacher at Sankofa Academy, a public school in Oakland, California

*If you were President Obama, how would you change education?*

"I would distribute resources more equitably amongst public schools, instead of trying to 'fix' the state of education without addressing the larger needs of all students."

## where do you go to school?

### Number of K-12 schools in the U.S.

- traditional public schools: 87,190
- public charter schools: 3,560
- private schools: 28,220
- Bureau of Indian Education-funded schools: 180

(Source: U.S. Department of Education)



Ronnette Summers, a parent of a recent graduate of KIPP:STAR College Prep Charter School in Harlem, New York City

"Since attending KIPP:STAR, my daughter has grown into a mature, well-rounded and caring young lady. KIPP is a lot of hard work. You are in school for ten hours a day and there are two hours of homework each night. However, there is also a lot of support at the school. I think that it is a great idea to set up more charter schools. I think it is important for parents and students to have choices. However, I don't think that charter schools should replace traditional public schools."

## more money for some kids

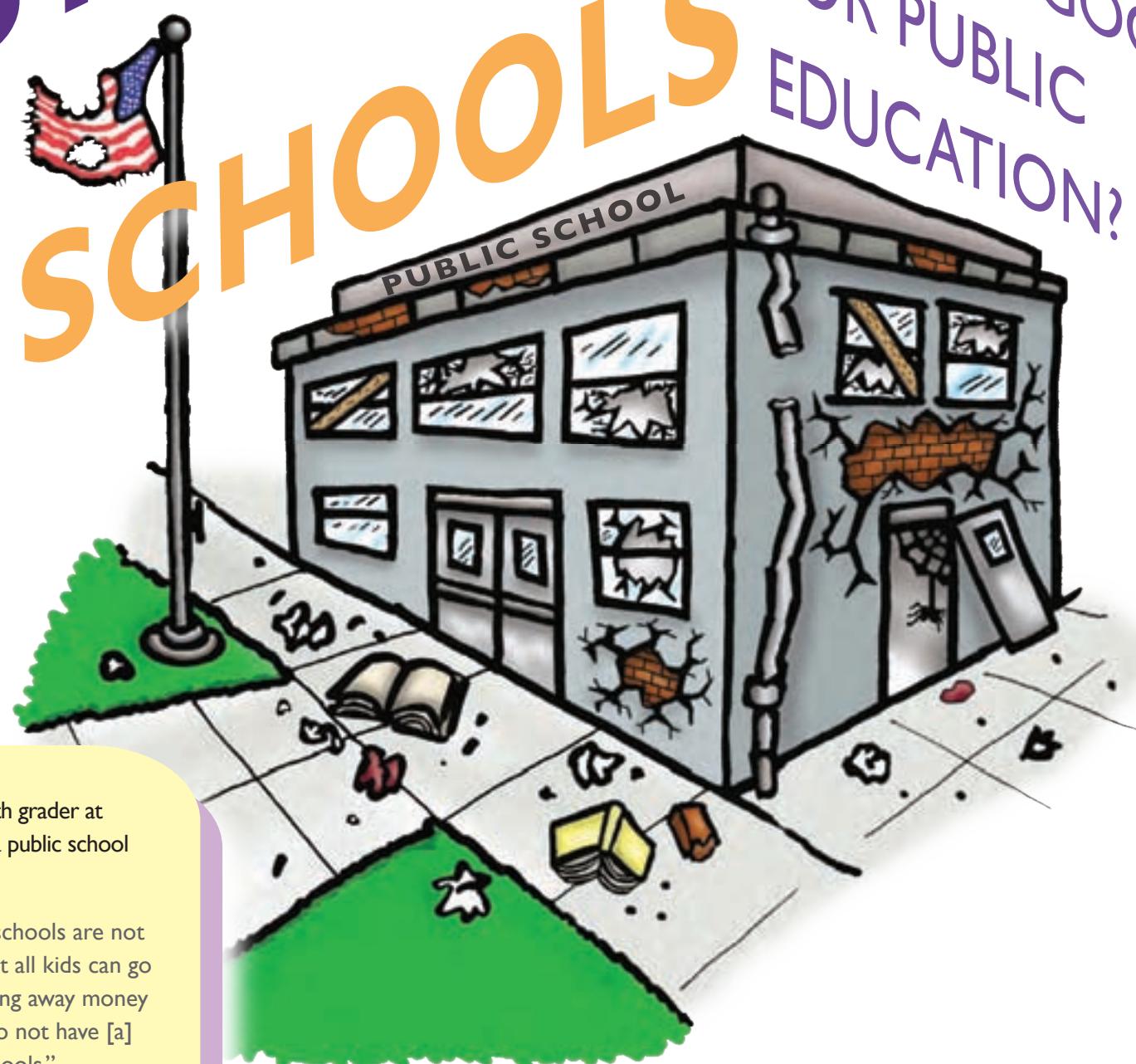
**On average**, around the country, state and local governments spend about \$950 less per student each year in school districts with more poor and minority students than in schools with more wealthy and white students. How do you think less money affects the quality of education?

(Source: The Education Trust)



**A**bout 70 percent of the nation's schools are traditional public schools. Public schools are paid for with everyone's tax dollars and all kids can attend them. Many supporters of public education think that the plan to open more charter schools is an attack on public schools. A new documentary movie, "Waiting for 'Superman,'" released this fall, tries to show that public education can be fixed by opening more charter schools and getting rid of bad teachers. The film has sparked more debate about charter schools and how to improve education in the United States.

# STRUGGLE OVER SCHOOLS ARE CHARTER SCHOOLS GOOD FOR PUBLIC EDUCATION?



Osiel Gomez, a 4th grader at Whittier School, a public school in Chicago, Illinois

"I think charter schools are not good because not all kids can go there and charter schools are taking away money from my school. That is why we do not have [a] library and other things in our schools."

By AMANDA VENDER AND LISA GOODMAN  
ILLUSTRATIONS By LEO GARCIA

## public vs. private

**Public Schools:** Run by state and local government. Public schools accept all students from the community. What is taught in public schools is decided by the state. Students do not pay anything to attend.

**Charter Schools:** Receive money from the government, but are not run by the government. They are run by private organizations or by for-profit corporations that can have a say in what is taught and who attends. Students do not pay anything to attend.

**Private Schools:** Run by individuals and organizations. The people who run them have more freedom to teach what they want and to select the students. Students pay a tuition fee to attend.



Julie Cavanagh, a public school teacher at PS 15 in Brooklyn, New York

"Sadly, this push [for charter schools] is actually hurting the great neighborhood schools we do have, just like at my school. We were forced to give up part of our building for a charter school, even though we are a great school and used all of our space. I think any school that serves children is a good thing, but I think some grown-ups are using charters to hurt public schools and that makes me very sad and worried for the future of public education."

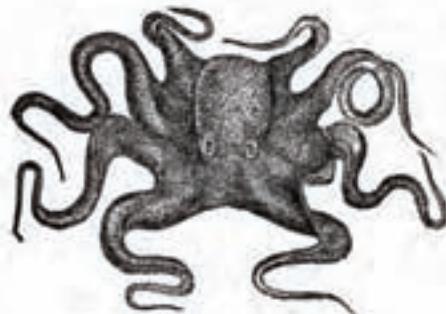
## charter schools...

- often get donations (money) from wealthy people who can have a say in what is taught at the school and how it is run
- usually have teachers who are not in a union and can be paid less money than at public schools
- can have longer school days and a longer school year than a public school
- are often in inner-city neighborhoods
- on average, perform no better than traditional public schools on student test scores
- sometimes share a building with a public school



Charter schools often select students by lottery after they fill out an application.

For more voices on this debate, go to [www.indykids.org](http://www.indykids.org)

**New Antarctic Octopus Discovered!**

In July, scientists discovered four new species of octopus living in Antarctica. Two of the octopi possess a special venom (toxic substance) that works in freezing, sub-zero temperatures. Researchers hope to use the venom to create new medicines for diseases such as cancer. The octopus belongs to a group of invertebrates (animals without a backbone) called cephalopods.

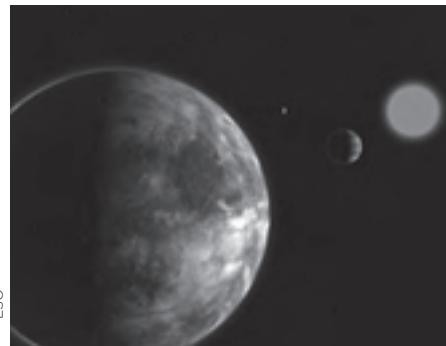
**DID YOU KNOW?**

- An octopus can reach speeds of up to 25 miles per hour!
- The plural of "octopus" can be written as "octopuses" OR "octopi."
- If an octopus loses an arm, it can grow another!
- Although they do not have a backbone, octopi have a hard 'beak' at the center of their eight arms!

**Disappearing Plants**

More than 20 percent of the world's wild plant species may face extinction in coming years, according to a study published in the magazine *New Scientist*. About two-thirds of the endangered plants grow in tropical rainforests.

The biggest extinction threat is from people who disrupt the natural environments where the plants grow.

**Life on Another Planet?**

Scientists have discovered a new planet that might be able to support life. The planet may have water, which would be a sign that living things may exist there now. Scientists don't plan to visit the new planet anytime soon—it is 20 light years away, or as many as 250 million trips to the Moon and back.

**55%**

That's the percentage of corn grown in the United States that is used for animal feed in the meat and dairy industries.

**culture&activism****Kids Take On A Big Polluter**

By JUDI CHENG

**M**ore than twenty-five years ago, a toxic gas leak at a factory in India killed 10,000 people. The chemical company never finished cleaning up. *IndyKids* talked to two brothers in New York City, Akash Mehta, age 12, and Gautama Mehta, age 15, who are doing something about it.

**IndyKids:** Tell us about what happened to the people of Bhopal, India in 1984.

**Gautama:** Union Carbide, an American multinational corporation, set up a pesticide factory in India. On December 2, [1984] a toxic chemical, methyl isocyanate (MIC), leaked and 10,000 people were killed instantly in one night. MIC seeped into the ground and poisoned the water. Children are still being born with birth defects from the disaster.

**IK:** What did you decide to do?

**Akash:** We started Kids For a Better Future (KFBF) four years

ago to help other kids around the world, like in Bhopal, the Congo, Afghanistan and even homeless kids in New York City.

**IK:** Tell us more about the people of Bhopal.

**Gautama:** Bhopal is a poor city. Warren Anderson, the CEO of the company [Union Carbide] at the time, is rich and old now. The U.S. government has done nothing to make him face justice. KFBF brought an arrest warrant to his law offices in a protest. We went to Bhopal and met with the victims and their families. KFBF raised \$12,000 for a health clinic in Bhopal, to help provide medical care to victims of the disaster.

**IK:** What would you suggest to other kids who want to help?

**Gautama:** Find a cause. Start small. Act locally. Raise money. Focus on spreading awareness, especially among children. Make flyers and hand them out. You'll find that the human connection made between you and those you help is very satisfying.

**King Corn: A Review**

In King Corn, Ian Cheney and Curt Ellis, above, discover that almost everything Americans eat contains corn.

By ZAZIL DAVIS-VAZQUEZ

**K**ing Corn" (2007) is a documentary about two young men, Ian Cheney and Curt Ellis, who, after graduating from college, go to Iowa to grow an acre of corn. They discover that to grow crops on soil that has been farmed too much, they need to use chemical fertilizers, genetically-modified seeds and pesticides. Cheney and Ellis also discover that the corn they are growing is not for corn on the cob that people eat but for

processed food ingredients such as high-fructose corn syrup and feed for cows used in the meat and dairy industries.

"King Corn" leaves out a very important part of the history of corn. The movie says "Native corn originated in southern Mexico, but found a happy home in Iowa." It doesn't mention that native peoples bred it over thousands of years from its original state as a grass and that people transplanted it to Iowa.

The movie does a good job of exposing problems with

the current ways the food industry uses corn, and the environmentally-damaging things required to grow it. The movie also uses stop-motion animation, which is a creative addition to the movie and makes concepts in the film clearer.

"King Corn" was written by Cheney, Ellis, Aaron Wolf and Jeffrey K. Miller, and was directed by Aaron Wolf.

*Zazil Davis-Vazquez, 16, is a student in Queens, New York.*

## your turn

### Your Turn: The War In Afghanistan

October 2010 marked the 9th anniversary of the U.S. invasion and occupation of Afghanistan that continues today. We asked kids in Brooklyn, N.Y. for their thoughts.



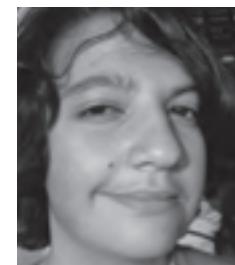
It's not right. I'm a Muslim. They don't interpret the Islamic religion in the right way. People judge us. They think we are terrorists. They should not take anger out on innocent people.

**Mohammed Hossein, 12**



War is not a good thing. People should share and be together, not kill.

**Yujin Ko, 8**



The United States felt it was necessary to send troops. They took innocent lives. We put a lot of money into this war. We should pull the troops out now. We should give the people there a chance to handle things themselves.

**Mohammed Beydoun, 12**



I think that we should honor the people whose lives were lost. I don't think war is worth it. We should stop this war right now. It means more lives and more dead.

**Justin Lin, 12**



I think the war was tragic. I wish it had never happened. I don't believe in war. I think the money could have been used for education, jobs, the economy. It was a big waste of money.

**Eslam Al-Nagar, 12**



War is bad for the environment. We should not be fighting. It's very sad that innocent people and soldiers die.

**Chelsea Saquicili, 11**

## Someday, you } Pediatric Nurse could be a } just like: Leah Brown

By CHARISSE DE LOS REYES



All nurses provide healthcare to people, but some choose to care for a particular group. Leah Brown, a pediatric nurse, chose to care for children and has been doing so for nine years. She works full-time as a school nurse at P.S. M811, a New York City school for children with severe disabilities. She also works part-time at the New York City Administration for Children's Services (ACS), a government agency that protects children from abuse and neglect. There, Leah

checks the overall health conditions of children entering foster care and gives medications and treatments when needed.

**IndyKids:** How did you get interested in working with children?

**Leah Brown:** Caring for my three children attracted me to becoming a pediatric nurse, and having an autistic son inspired me to focus my work on children with disabilities.

**IK:** What are the challenges that you face in your work?

**LB:** One, I constantly have to adjust the way I communicate with my patients, depending on their age and level of mental development, because I work with newborns to 18-year-olds and with children who have different levels of disability. Two, I always have to be updated on the latest practice in pediatric care, which means I must take time to read medical journals, get more training, attend seminars and conferences as well as join professional associations that would expose me to further knowledge in my work.

**IK:** What is the best part of your job?

**LB:** The feeling of helping other people is extremely rewarding for me and brings me a sense of self-fulfillment.

**IK:** What kind of person makes a good pediatric nurse, especially one who will work with disabled, abused and/or neglected kids?

**LB:** The person should be very caring and should have a lot of compassion and patience.

**IK:** Any tips for children interested in becoming pediatric nurses?

**LB:** First, analyze your personality: Are you caring, compassionate and patient? Can you handle seeing a child sad, scared or upset? Second, you need to have a strong academic background in math and science, especially biology and chemistry. Third, volunteer or get a summer job at a hospital or community center that provides care for children.

## letters

The flood in Pakistan was really bad because it affected so many families. I think many people should be donating money to help the families and children who get diseases.

**Gisel, grade 6, Secondary School for Law, Brooklyn, NY**

I think BP should clean all that oil that has been dumped into the Gulf of Mexico. I pray for those animals that now have to be put to sleep because even though they were rescued and cleaned, they might not make it.

**Shania, grade 6, Secondary School for Law, Brooklyn, NY**

I believe that the new Islamic center has the right to be built in any place they want. The First Amendment clearly states that there is freedom of religion in any place.

**Emely, grade 6, Secondary School for Law, Brooklyn, NY**

I think that Africa should have clean water because it is needed for human survival. The United Nations should give clean water to every city or country.

**Elizabeth, grade 6, Secondary School for Law, Brooklyn, NY**

I love this article ["Oily Disaster"]. I'm sitting at home thinking, What can I do all the way out here? Well I figured out a lot of things I could do now. I just love how you gave me ideas about helping with the Gulf oil spill.

**Jenna, commenting online at [www.indykids.org](http://www.indykids.org)**



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# Easy Apple Pie

**Crust:**

3/4 cup flour  
1 tsp. salt  
1/2 cup oil  
(vegetable or olive oil works well)  
3 tbsp. cold water

**Filling:**

6 or 7 apples peeled and sliced thin  
2 tsp. cinnamon  
2 tbsp. sugar (optional)

**Instructions**

*Make the bottom crust first:*

1. Mix flour and salt
2. Blend in oil and cold water. Mix all these together to make dough.
3. Put a sheet of wax paper on the kitchen table or counter and spread some flour on it. Roll out 2/3 of the dough with a rolling pin. Make the dough thin.
4. Pick up the sheet of wax paper and turn it over on an ungreased pie pan. Peel off the wax paper and trim off the extra dough.

*Mix the filling:*

1. Mix the sliced apples, cinnamon and sugar (if using).
2. Spread the apple mixture in the pie pan.

*Make the top crust:*

1. Roll out the remaining dough, like you did for the bottom crust.
2. Place the top crust over the apple slices. Use your thumbs to press the edges together and cut 4 slits in the top of the pie. Bake at 375 degrees for 50-55 minutes.

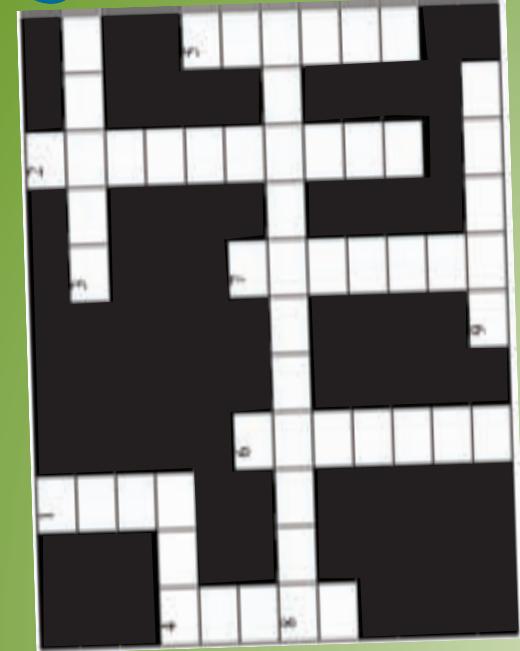
## Getting Wild with the Brown Bear



**Fact:** Bears choose a new den every year. In preparation for losing up to 20 extra pounds before hibernating, brown bears start eating up to 1.5 pounds of food a day.

**Fact:** Brown bear hibernation is more like serious laziness than sleep. They don't get up to go to the bathroom. But they're often alert enough to know what's going on.

**Fact:** Mother bears give birth while hibernating. The female and her cubs stay close together, keeping warm, until springtime.

**ACROSS**

3. Harmful or dangerous, like chemical waste
4. Where solar energy gets its power
8. Country that the United States has been occupying for more than nine years
9. A member of the group of people facing discrimination in France

**DOWN**

1. A major ingredient in many food items and also used to feed cows in the dairy and meat industries
2. What more than 20 percent of the world's wild plants may face in the coming years
4. The largest country in Africa
5. Part of the U.S. government that votes whether something should be a law
6. An independent public school
7. What students and parents at Whittier Elementary School in Chicago believe they should have

2. Extension, 4. Sun, 5. Senate, 6. Crate, 7. Library  
Answers: 3. Toxic, 4. Sun, 5. Senate, 6. Crate, 7. Library, 8. France, 9. Gypsies, 10. Corn.

## Take Action on LGBT Rights



## Take Action on LGBT Rights

MVJANTZEN

In September and October 2010, at least 13 LGBT (Lesbian, Gay, Bisexual, and Transgender) teenagers killed themselves, in many cases after being bullied in their schools. Here are some things you can do to take action on LGBT rights.

1. Be an ally against anti-LGBT bullying, harassment and name calling! An ally is a friend or supporter. One way to be an ally is to call others out when they say things that are anti-LGBT. If you hear someone say "That's so gay!" let them know that "gay" is not a word for "stupid."
2. Call your senators and representatives to sponsor the Safe Schools Improvement Act, an anti-bullying bill introduced in Congress in 2009. Find out who your congressperson is here: <http://www.contactingthecongress.org/>

## High Fructose Corn Syrup Quiz

High fructose corn syrup is found in more foods than we think. The substance is a highly-processed sugar substitute and, according to some studies, is more harmful to humans than regular sugar because it could lead to diabetes or obesity.

**Guess which of these foods DOES NOT have high fructose corn syrup in it?**

- Heinz Tomato Ketchup
- Whole Kernel Sweet Corn
- Mott's Applesauce
- Wheat Thins
- Danone Yoplait

Answers: C. Whole Kernel Sweet Corn